

What is claimed is:

1. A medicament dosage unit comprising a beta-adrenergic blocker and a cholesterol lowering agent that is a statin, said blocker and said agent being combined as a single oral formulation.
2. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is atenolol.
3. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is propranolol.
4. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is timolol.
5. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is metoprolol.
6. The dosage unit of Claim 1 wherein said cholesterol lowering agent is selected from the group consisting of atorvastatin, cerivastatin, pravastatin, fluvastatin, lovastatin, and simvastatin.
7. The dosage unit of Claim 1 further comprising one or more of folic acid, vitamin B6, vitamin B12.
8. The dosage unit of Claim 1 wherein said dosage unit is formulated as a once-a-day dosage unit.
9. A single dosage unit consisting essentially of a beta-adrenergic blocker and a cholesterol lowering agent that is a statin.
10. A single, medicament dosage unit consisting essentially of a beta-adrenergic blocker, a cholesterol lowering agent that is a statin, folic acid, vitamin B6, and vitamin B12.

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11. A self-treatment method of treating cardiovascular disease with the dosage unit of Claim 1, said method comprising:  
providing to a patient having said cardiovascular disease said single  
formulation medicament dosage unit; and  
self-administering said single dosage unit
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12. The method of Claim 11 further comprising providing instructions for administering said single dosage unit.
13. The method of Claim 11 wherein said single formulation medicament dosage unit further includes one or more of folic acid, vitamin B6 and vitamin B12.
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14. The method of Claim 11 wherein said single dosage unit as a once-a-day dosage unit.
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15. A self-treatment method for reducing the risk of coronary heart disease, said method comprising the steps of:  
providing to a patient at said risk of coronary heart disease a physician-prescribed, single formulation dosage unit comprising a beta-adrenergic blocker and a cholesterol lowering agent that is a statin; and  
self-administering said dosage unit.
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16. The method of Claim 15 wherein said single formulation dosage unit of said providing step further includes one or more of folic acid, vitamin B6 and vitamin B12.
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